

Asparagus with Sole

Serves: 4 people

Preparation Time: 1 hour

Ingredients:

- ♣ 1 lb asparagus
- ♣ 1 lb Sole fillets (4 pieces approximately the same size)
- ♣ 1/4 tsp. salt
- ♣ 1/2 tsp. grated lemon or lime peel
- ♣ 4 Tbsp. lemon or lime freshly squeezed juice
- ♣ 1/8 tsp. black pepper
- ♣ 1 Tbsp. finely chopped chives
- ♣ 1 tsp. mustard

Directions:

Cut asparagus into 3 inch lengths. Cook in 2-quart saucepan in lightly salted water for 5 minutes, drain. Set aside. Season the skin side of the sole fillets with salt and lemon or lime peel. Place asparagus spears at one end of each fillet. Roll up fillets with asparagus spears inside and secure with plain round toothpicks. Place in a 2-quart oven-safe casserole dish liberally sprayed with non-stick cooking spray. In a small bowl combine remaining ingredients and pour over fish. Bake in a 400°F oven for approximately 15 to 20 minutes or until fish flakes easily. Baste fish every 7 minutes.

Cups of Fruits and Vegetables Per Person: 0.5

Nutrition:

Nutrition Facts	
Asparagus with Sole	
Serving Size 1/4 recipe	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value (DV)*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Cholesterol 55mg	18%
Sodium 270mg	11%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 24g	
Vitamin A	25%
Vitamin C	30%
Calcium	4%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0
Vegetables: 1
Meat: 3
Milk: 0
Fat: 0
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Source:

Produce for Better Health

*recipe from www.fruitsandveggiesmatter.gov